



Workshop: Listen First
Saturday, May 20, 10:00am-12:00pm

Simple communication techniques for more satisfying relationships

Experience less conflict, more understanding and more joy in your relationships. You will receive simple, effective communication techniques that you can use with your partner/spouse, family, friends and/or co-workers. It's a heartfelt approach coming from a desire to experience genuine connections with others and focuses on **4 Key Skills**. Putting these skills into practice has been known to enhance all forms of relationships and positively change lives!

LOCATION

Finley Community Center, Maple Room
2060 West College Ave, Santa Rosa, CA 95401

EARLY-BIRD (by April 30th): \$30/individual; \$50 for 2 (bring a friend/partner/spouse and save \$10!)

STARTING MAY 1st: \$35/individual; \$60 for 2

INCLUDES: Take-home workbook & 4 weeks of follow-up email support (optional)

TO REGISTER: 1. Email kristi@sacredmovement.org 2. Submit payment ([online](#) or by cash/check)

Kristi Bowman is the Co-founder & Director of the Center for Sacred Movement. She believes communication is an essential part of enjoying a happy, healthy, fulfilling life. She first began teaching Listen First in 2009 when she was a Senior Director and National Coach & Consultant with the YMCA. She credits the skills of Listen First with helping her find the love of her life. Kristi's educational background is in Counseling Psychology, graduating with Highest Honors, and she has provided Life & Wellness Coaching services in Sonoma County for over 8 years. Kristi is the author of *Journey to One* and is preparing for the release of her second book. To find out more about Kristi, visit www.kristibowman.us



Center for Sacred Movement

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